



"Becoming an Outdoors-Woman" and the logo are copyrighted

Becoming an Outdoors-Woman (BOW) is a workshop focused on the learning of outdoor skills – skills usually associated with hunting and fishing, but useful for many outdoor pursuits. Designed primarily for women, it is an opportunity for anyone 18 years of age or older, and is for you if...

- ☐ *You have never tried these activities, but have hoped for an opportunity to learn,*
- ☐ *You are a beginner who hopes to improve your skills,*
- ☐ *You know how to do some of these activities, but would like to try your hand at some new ones,*
- ☐ *You are just looking for the camaraderie of like-minded individuals.*

**FRIDAY, SEPTEMBER 16 – SUNDAY, SEPTEMBER 18, 2016
ANNUAL FALL BOW ADVENTURE
LAKE CUMBERLAND 4-H LEADERSHIP CENTER, JABEZ, KY**



The Kentucky Department of Fish and Wildlife Resources hosts this event in partnership with support and sponsorship provided by the Kentucky Fish and Wildlife Foundation and the Yvette Reffitt Scholarship fund

**** PLEASE NOTE **** Registration and class fee collection has changed. ALL registration and class fees will be made payable to the KY Department of Fish & Wildlife Resources (KDFWR), in the form of a check, money order or credit card

WEEKEND AGENDA

FRIDAY, SEPTEMBER 16

9:30am Check in
11am Welcome
12pm Lunch
1:30pm SESSION I
5:30pm Dinner
7pm Group Activity

SATURDAY, SEPTEMBER 17

7:30am Breakfast
8:30am SESSION II
12pm Lunch
1:30pm SESSION III
5:30pm Dinner
7pm Group Activity

SUNDAY, SEPTEMBER 18

7am Devotion
7:30am Breakfast
8:30am SESSION IV
11:30am Wrap-Up

REGISTRATION/CONFIRMATION; Registration closes August 25, 2016, sooner if capacity is met. One person per registration form. Mail completed registration form and payment to the KY Department of Fish & Wildlife, Sportsman's Lane, Frankfort, KY 40601. A confirmation will be mailed with packing suggestions, reminders and directions upon receipt of properly completed and fully paid registration. We strongly encourage you to read your confirmation letter when received as imperative information is provided

FEES/PAYMENT; Registration fees cover two (2) nights lodging in the Education Center, six (6) meals, planned group activities, four (4) class sessions, materials, prizes and more. All registration and class fees will be made payable to the KY Department of Fish & Wildlife Resources (KDFWR). This may be done in the form of a check, money order or credit card. If paying by credit card please call 800-858-1549 with card and a completed registration form in hand.

EARLY BIRD REGISTRATION THRU AUGUST 8 \$225 PER PERSON
RECEIVED/POSTMARKED AFTER AUGUST 8 – AUGUST 25 \$250 PER PERSON

***** PAYABLE TO KY DEPARTMENT OF FISH & WILDLIFE RESOURCES (KDFWR) *****

CANCELLATION; Cancellations made before August 8 will incur a \$50 processing fee. Cancellations made on or after August 8, thru August 25 will incur a \$125 processing fee. Those who cancel after August 25 or no-shows will forfeit their entire registration/class fee. Substitutes are accepted under the same class and room arrangements

ACCOMMODATIONS; All rooms are non-smoking, offer a private restroom, bedding (linens) and towels. Some rooms sleep up to six (6) people. Please note your roommate(s) name(s) on your registration form. *A limited number of single rooms are available for an additional \$100 fee*

EARLY ARRIVAL; The option to arrive Thursday is available however the price depends on the number of roommates you have. Please make note of your early arrival interest on the registration form. Notification of that cost and arrival details will be sent with your confirmation letter.

KY BOW SPONSORSHIP; The Yvette Reffitt BOW scholarship program is dedicated to assist participants seeking financial assistance to KY BOW events. To contribute please contact the KY Fish and Wildlife Foundation, 800-858-1549. To apply for a scholarship, please contact Norm Minch, 800-858-1549 prior to August 8, 2016.

QUESTIONS OR CONCERNS; 800-858-1549, ask for Megan Bagby or Olivia Harmsen. You may also e-mail Beth at beth.minch@ky.gov. We strongly encourage you read the registration form and your confirmation letter prior to contacting the BOW staff as most issues are addressed there.

CLASS DESCRIPTIONS

ALL FIREARM CLASSES REQUIRE EYE/EAR PROTECTION WHICH WILL BE PROVIDED **ALL CLASSES TAKING PLACE ON THE WATER REQUIRE PFD'S WHICH WILL BE PROVIDED**

ADVANCED ARCHERY LIMITED CLASS of 10

Spend time maneuvering through a 3-D target range and learning to use and shoot from blinds and tree stands. Shot placement, equipment tips and handling will be the focus.

PARTICIPANTS MUST BRING THEIR OWN BOW

ADVANCED FISHING LIMITED CLASS of 10

Head out on the waters of Lake Cumberland to see what can be talked into biting! We'll focus on using artificial lures to catch fish including bass and pan fish. All bait and equipment will be provided but feel free to bring your favorite fishing gear. **PARTICIPANTS MUST HAVE A VALID KY FISHING LICENSE. ** We ask if you have taken this class in the past that you please refrain from registering for it to allow other participants the availability.**

ADVANCED PISTOLS LIMITED CLASS of 8

Designed to gain you greater confidence beyond basic handling. How to load, unload, clear malfunctions, use different holster types, marksmanship and most importantly, SAFETY will all be covered. Build confidence because it's a key point in shooting well and safely. **PARTICIPANTS MUST BRING THEIR OWN PISTOL AND 100 ROUNDS MINIMUM OF AMMUNITION (NO RELOADS)**

ADVANCED RIFLES (CENTERFIRE) LIMITED CLASS of 8

~~Previous completion of a basic rifle course required. Course time covering big game rifle types, sights, sight adjustment procedures, caliber and bullet selection, shooting techniques, field safety and shot placement. **PARTICIPANTS MUST BRING THEIR OWN RIFLES AND AMMUNITION (NO RELOADS).**~~

AFTER THE CATCH (Skinning & Proper Fur Handling)

~~When it comes to selling your furs the smallest of mistakes can cost you money. Learn how to skin and properly handle your furs to ready them for the market.~~

ALL ABOUT TRAIL CAMS LIMITED CLASS of 12

Let's set our sights on how to set up and use trail cameras for many different uses including scouting for hunting, security, wildlife viewing and even nuisance control. Bring your own for more personal assistance and better understanding of its workings.

~~**ANTLER BASKETRY LIMITED CLASS of 6 ALL DAY SATURDAY**~~

~~Craft your own work of art as you learn to weave a small basket using a deer antler or a unique piece of driftwood as the center focus and handle. These one of a kind creations will be a treasured keepsake and you'll learn skills you can apply to your very own baskets in the future. **ADDITIONAL \$40 SUPPLY FEE**~~

ANTLER JEWELRY MAKING LIMITED CLASS of 10

Never mind baubles and gems, you can "rack up" a natural selection of adornments when you make jewelry out of deer antlers. Antlers will be provided. **ADDITIONAL \$15 SUPPLY FEE**

BASIC ARCHERY LIMITED CLASS of 15

Learn a new outdoor skill with step by step instructions for correctly and safely shooting a bow. You'll be hitting the target and popping balloons in no time with an opportunity to use what you've learned on a 3-D range.

BASIC PISTOLS LIMITED CLASS of 10

Looking for a great class to learn the basics of pistol shooting, then this is it. Safely and accurately using a pistol for target shooting and hunting both will be covered. Learn how to select the right caliber pistol and principles of marksmanship.

BASIC RIFLES (RIMFIRE) LIMITED CLASS of 10

Learn basic skills for safely and accurately using a rifle for target and small game hunting purposes. We'll discuss rifle safety, types, selection, calibers and shooting principles. It's fun and informative with plenty of shooting time.

BASIC SHOTGUNS LIMITED CLASS of 10

Learn to safely handle and comfortably shoot different types of shotguns. Find the right one for you! By the end of class you'll be knocking moving targets from the sky.

CLEANING & PROCESSING WILD GAME

Taking game is one great part of the experience but how do you clean and prepare it for the table? Join in on processing and care of wild game meat, including filleting, skinning, packaging and labeling. We'll show you the simple equipment you need and reveal tricks of the trade for cooking game that'll help assure the best overall taste of your harvest.

ADDITIONAL \$10 SUPPLY FEE

EDIBLE WILD PLANTS LIMITED CLASS of 20

The basics of identifying, harvesting, and preparing many common wild edible plants.

FINDING BIGFOOT (Tracking 101) LIMITED CLASS of 15

The basics of wildlife observation and tracking. Learn the basics of using your senses to "read sign" and find various game species.

HIKING/PLANTS & WILDLIFE OF LAKE CUMBERLAND LIMITED CLASS of 15

Join us for a fall nature hike through the wooded hiking trails along Lake Cumberland. Emphasis will be placed on native trees and birds, but expect to learn about any and all wildlife that's encountered along the way! Bring binoculars, wear appropriate footwear, and be prepared for a strenuous hike with all obstacles expected of Mother Nature (including hills). A limited supply of binoculars will be available for those who do not own a pair.

INTRODUCTION TO WILD MUSHROOMS LIMITED CLASS of 12

All mushrooms are edible, but some only once. Join us in this informative class for the nature lover who is eager to learn how to forage and collect edible mushrooms in our region. Learn how to identify the edible ones from the poisonous ones as well as how and why to make a spore print. Dress accordingly to be outdoors.

NOW WHAT LIMITED CLASS of 15

So you've been able to enjoy all these great educational programs with BOW, now how do you really, **REALLY** get started out there? This class will provide you with ideas on where to go, who to talk with, how to get others to go with you and how NOT to feel awkward as you enjoy and grow the new skills you've learned at BOW. Interactive discussion with resources, ideas and even invitation ideas provided to get you outdoors and enjoying the resources our beautiful Commonwealth has to offer.

SURVIVE IN THE OUTDOORS LIMITED CLASS of 10

Even with the best laid plans sometimes things can go wrong. In this class we'll learn how to survive if you become lost in the woods, how to make a survival pack, how to maintain direction with a compass, build a fire, find a safe place to

sleep, dine on interesting yet safe wild things and we'll cover a few medicinal plants you may need... in your time of need.

TRAPPING BASICS

Though the first European explorers came to North America in search of gold and silver, it was an abundance of fur-bearing animals that proved to be the real treasure. Fur-bearing animals are a renewable resource and trappers still harvest game today. We'll cover the basic items you must acquire to become a trapper, for profit or for eliminating nuisance animals including traps, lures, bait, stakes, tools, safety/comfort and of course staying legal.

TURKEY TALK LIMITED CLASS of 8

Have you ever made your own turkey call? We're going to show you how using the bones from a turkey wing. There's nothing more exciting than calling a big Tom in and nothing more special than using a call you made yourself. Let's talk about turkey hunting while creating a call using a resource that usually gets thrown away. Make something you can use to bag that big bird. **ADDITIONAL \$10 SUPPLY FEE**

UPCYCLING LIMITED CLASS of 8

Come join us as we discover creative uses for plastic bags. We'll recycle those numerous plastic bags you receive from the retail stores into a useful baskets, T-shirt baskets and bags. The best part is the materials used are all FREE and keep garbage out of landfills, we're crafting for the environment! The crochet stitches and techniques are easy, no prior experience needed.

WILD GAME COOKING LIMITED CLASS of 8

Now that you have your game let's cook it! Learn how to prepare something with deer meat besides summer sausage and jerky, or something other than deep frying your fish. We'll explore tasty but simple recipes anyone can make. Perfect for hunters and anglers looking for something different to do with their catch, but also open to curious non hunters and foodies. Come with an open mind and willingness to explore the vast culinary creations that wild game/fish can offer! **ADDITIONAL \$10 SUPPLY FEE**

WILDLIFE WOOD BURNING ART LIMITED CLASS of 10

Learn to bring nature indoors with wood burning projects you can do yourself. See how easy it is to decorate anything from a walking stick to turkey calls and anything in-between.

ADDITIONAL \$10 SUPPLY FEE

MAN WOMAN INVENTS FIRE LIMITED CLASS of 10

Roughly 125,000 years ago, humans learned how to control fire. This was a HUGE step forward because it allowed us to cook food and obtain warmth and protection. (Not to mention a plethora of other uses we've found for it over the centuries.) We'll learn to build and light different kinds of camp fires, charcoal grills, and survival fires. We'll cover every lighting method from blow torches to friction fires. If there is time, maybe we'll even roast some marshmallows.

PLEASE READ CAREFULLY AND COMPLETE FORM PROPERLY (PLEASE PRINT **)**
MAKE CHECK PAYABLE IN THE FULL AMOUNT INCLUDING ANY ADDITIONAL CLASS FEES TO KDFWR
MAIL COMPLETED FORM AND PAYMENT TO:
KDFWR, SPORTSMANS LANE, FRANKFORT KY 40601

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NAME _____ PHONE _____ ARRIVING THURSDAY _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL _ (PRINT CLEARLY) _____

EMERGENCY CONTACT _____ PHONE _____

ROOMMATES NAME _____ (SOME ROOMS HOLD UP TO SIX)
IF YOU DO NOT INDICATE YOUR ROOMMATE WE WILL DETERMINE THEM FOR YOU

I may be exposed to some environmental/physical risk due to the nature of the event. I assume full responsibility for any intentional action or injury that may result from my participation. I understand and accept that photographs and video may be taken during the event to be used in future support of the program. I understand that organizing the BOW adventure takes place months in advance and every effort is made to offer all scheduled classes. However, in the event of an unforeseen and unavoidable event of a class/event cancellation or instructor change, BOW will provide excellent alternatives should these situations arise.

SIGNATURE _____ DATE _____

IT IS MANDATORY TO SELECT YOUR TOP SIX (6) CHOICES BY INDICATING
YOUR FIRST (1), SECOND (2) THIRD (3) AND SO ON CHOICES WITH THE APPROPRIATE NUMBER
ALL SESSIONS ARE LIMITED AND WILL BE FILLED ON A FIRST-COME, FIRST-SERVED BASIS
PLEASE SELECT YOUR COURSES CAREFULLY; YOU CANNOT CHANGE YOUR SCHEDULE AT THE EVENT
AS COURSES FILL, YOU ARE ASSIGNED YOUR NEXT NUMBER CHOICE

____ Advanced Archery

____ Advanced Fishing

____ Advanced Pistols

~~Advanced Rifles~~ **CLASS IS CLOSED, HAS MET CAPACITY**

~~After the Catch~~ **CLASS IS CLOSED, HAS MET CAPACITY**

____ All About Trail Cameras

~~Antler Basketry~~ **CLASS IS CLOSED, HAS MET CAPACITY**

____ Antler Jewelry Making (4 hour class)

____ Basic Archery

____ Basic Pistols

____ Basic Rifles

____ Basic Shotguns

____ Cleaning and Processing Wild Game

____ Edible Wild Plants (2.5 hour class)

____ Finding Bigfoot (2.5 hour class)

____ Hiking/Plants and Wildlife of Lake Cumberland

____ Intro to Wild Mushrooms (2.5 hour class)

____ Now What

~~Survive in the Outdoors~~ **CLASS IS CLOSED, HAS MET CAPACITY**

____ Trapping Basics

~~Turkey Talk~~ **CLASS IS CLOSED, HAS MET CAPACITY**

____ Upcycling

____ Wild Game Cooking

____ Wildlife Wood Burning Art

____ ~~Man~~ Woman Invents Fire